

# *Facts About* **ABSTINENCE**



## *What is "Abstinence"?*

Abstinence is deciding not to have sex.

## *How does it work?*

Saying firmly that you really do not want to have sex. And, saying "No" even when it is very hard to do.

## *How well does it work?*

Abstinence is 100 percent effective! When you choose not to have sex, you also protect yourself from AIDS and other diseases you can get when you have sex.

## *How do you do this?*

Say "No" as much as you need to. Sometimes this is very hard to do, but you and your partner can enjoy hugging and kissing and being together without having sex.

## *Tips:*

It is easier, to say "No" if you decide to do this ahead of time. Plan what words you will say and try not to put yourself in a place that makes it hard to say "No." Remember that when you drink or use drugs, it is harder to say "No."



If you need help to figure out what to say, ask the nurse or your social worker to help you.

## *Remember:*

Your body is yours and no one should make you have sex if you don't want to. Even if you have had sex before or even if you already have a baby, it is OK not to have sex.

## **REMEMBER:**

***Abstinence will keep you from getting AIDS and other diseases you can get when you have sex, but only if you say "No" every time.***

DOCTOR/CLINIC PHONE NUMBER: